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Pumpkin-Squash Breakfast Bread

By Susie Iventosch

(Makes one 9 x 6 loaf of bread)



Photos Susie Iventosch Pumpkin-Squash Breakfast Bread

INGREDIENTS
1 cup cooked and puréed squash (Delicata, Acorn, or Butternut)
1/2 cup canned pumpkin
2 eggs
1/2 cup canola oil
3/8 cup (6 tablespoons) milk mixed with 1 teaspoon cider vinegar
1 teaspoon vanilla extract
1 cup raisins, soaked in boiling water and then squeezed dry of any excess water (I use Trader Joe's Jumbo Raisin Medley)
1/2 cup walnut pieces, roasted
1/2 cup pecan pieces, roasted
1/2 cup pepitas (green pumpkin seeds), roasted, half for bread and half for topping
1 cup unbleached white flour

3/4 cup white whole wheat flour
3/4 cup, packed, light brown sugar
3/4 cup granulated sugar
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon cardamom
1 teaspoon salt
2 tablespoons raw sugar for topping

DIRECTIONS

For squash: *It depends upon the kind of squash you choose in order to know how many to cook, but whatever the case, cut squash in half, and clean out seeds. Place cut side down onto greased baking sheet and cook at 400 F for approximately 35-40 minutes, or until a knife easily inserts and pulp is tender. Remove from oven and cool. Scoop out pulp and smash with a fork, or purée in a food processor. Use 1 cup of this purée for this recipe.

For nuts: Place nuts and pumpkins seeds on a baking sheet lined with aluminum foil. Bake at 400 F for approximately 10 minutes, or until just beginning to brown. Remove from oven and cool.

For raisins: Place raisins in a small bowl, completely cover with boiling water and allow to sit for about 15 minutes, or until soft. Drain water and squeeze any excess water from raisins. Set aside.

For bread:

In a large bowl, place all dries, including flours, sugars, spices, nuts and half of the pumpkin seeds. In a separate bowl, combine squash purée, canned pumpkin, eggs, soured milk, oil, raisins and vanilla. Mix well. Add to dries and stir until well combined.

Pour batter into a greased 9x6 bread loaf pan. Sprinkle remaining half of the pumpkins seeds and the raw sugar on top. Bake at 350 degrees for approximately 50-55 minutes, or until a knife inserted in the center comes out clean.

*I used about 2 Delicata squash or 1.5 Acorn squash. I have not made it with butternut squash yet!



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[back](#)

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